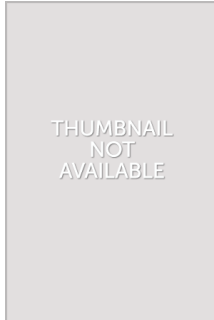


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HOW TO BEAT YOUR FEARS AND WORRIES



Little, Brown Book Group, United Kingdom, 2011. Paperback. Book Condition: New. 176 x 112 mm. Language: English . Brand New Book. We all worry about stuff in our lives, but some of us may find ourselves worrying excessively, even about those things completely beyond our control. Or we may simply find that worrying thoughts are dominating our daily life and are destroying our quality of life. Of course we all have worries, but rather than labelling yourself a worry wart...

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- Authored by Helen Kennerley
- Released at 2011



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